

“Optimising Wellbeing. Combining the ME and WE .







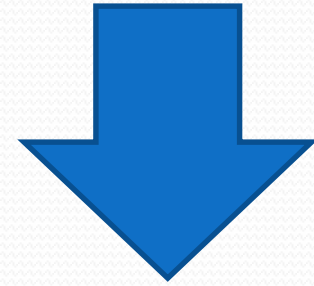
THE PATH FROM ME TO WE

The Tuff Of Flowers By Robert Frost



But he had gone his way, the grass all mown,
And I must be, as he had been,—alone,


‘As all must be,’ I said within my heart,
‘Whether they work together or apart.’



‘Men work together,’ I told him from the heart,
‘Whether they work together or apart.’

HOW TO BUILD RESILIENCE ME FIRST THEN WE

- Example
- Language/Body Language
- Honesty
- Integrity
- Inclusivity
- Authenticity
- Empathy



“Recognising uniqueness”

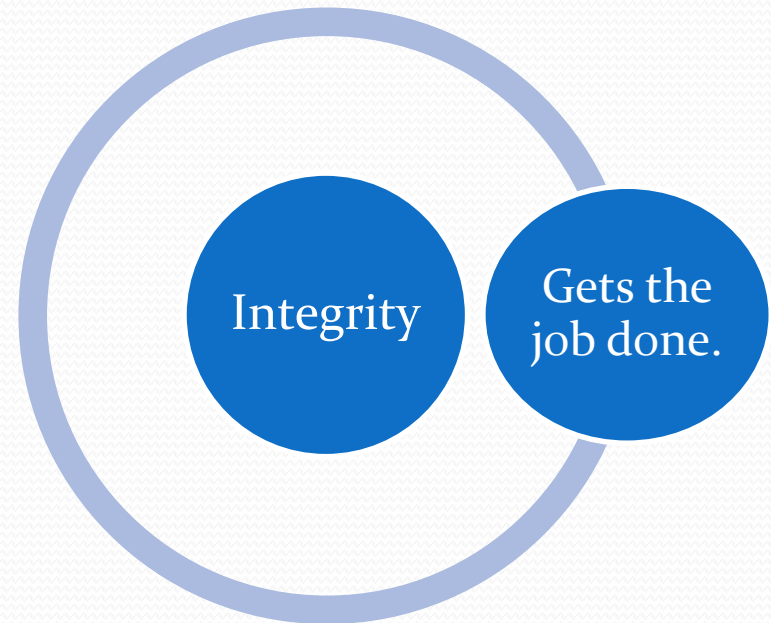
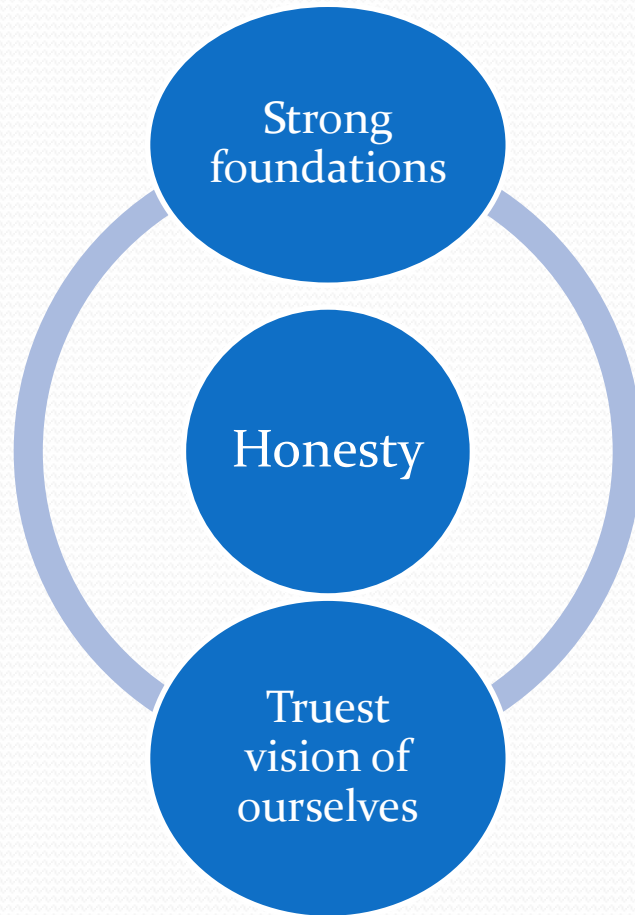
Leadership

The Quality of our actions
and the honesty of our
intent





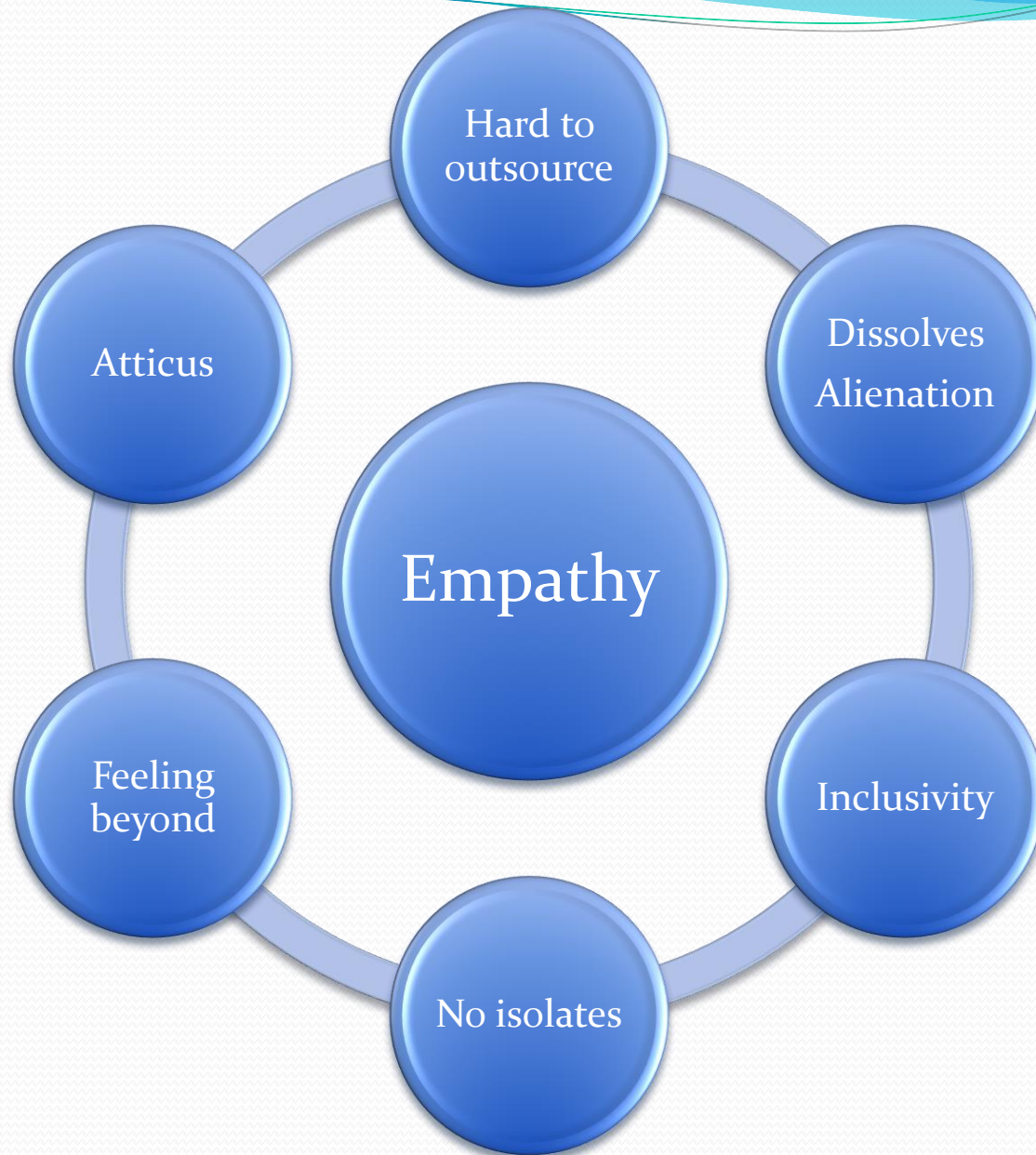
Authenticity begins with:

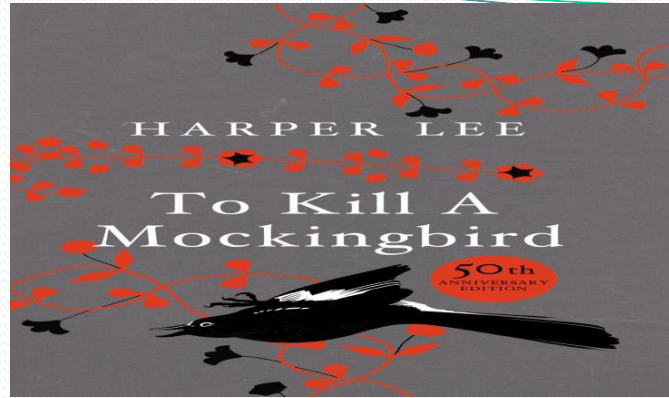


“If our values, thoughts, words and actions are aligned, then our word is our world”



Performance

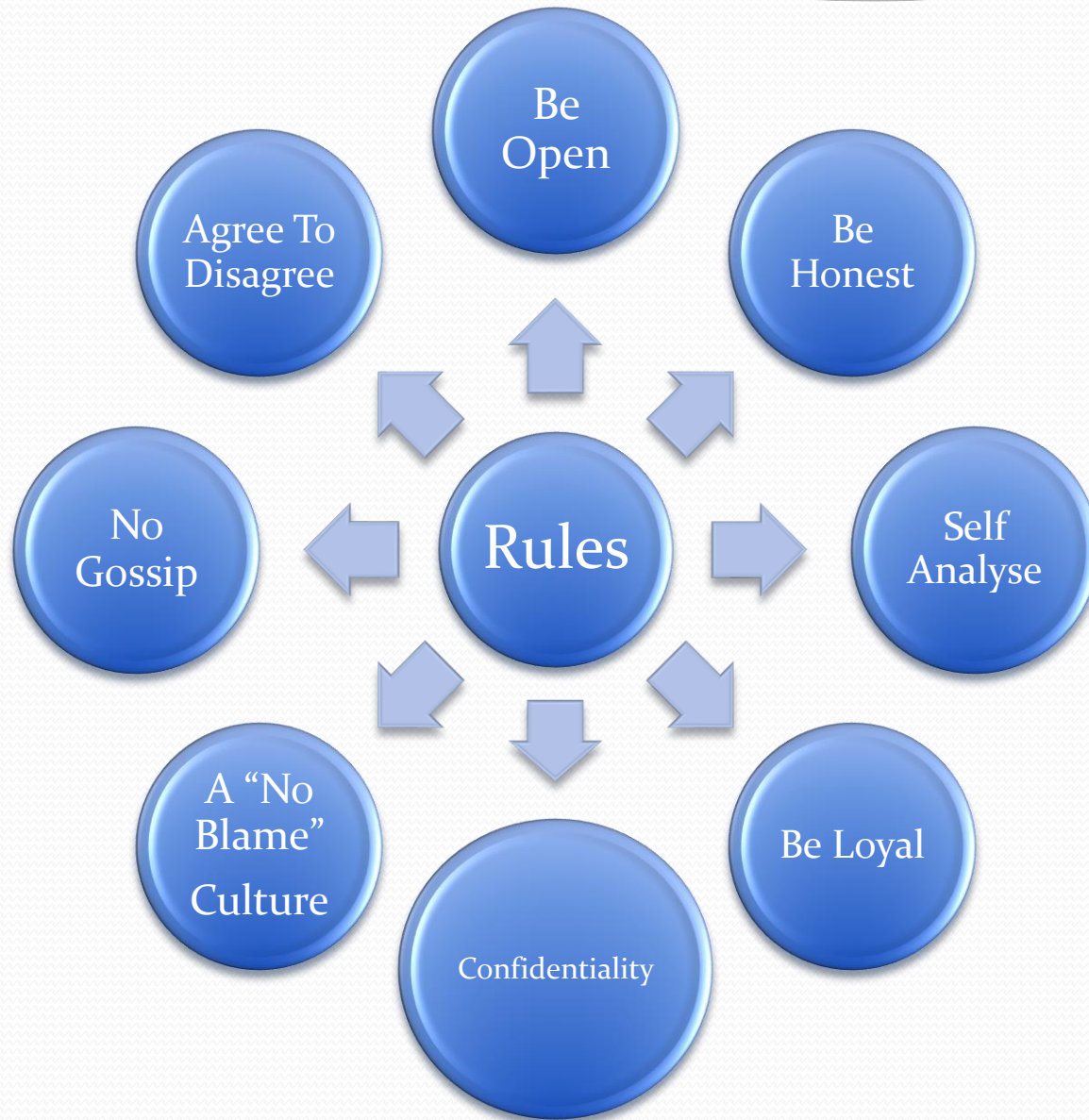




*You never really understand a person until
you consider things from his point of view...
Until you climb inside of his skin and walk
around in it.*

*Atticus Finch -
To Kill A Mockingbird*





Resilience..what does it mean?

- The capacity to bounce back from adversity.
- Not just about recovery but preparing them to thrive.
- “The ability to accurately assess threats and opportunities and to allocate emotional responses accordingly”.
- “..an intangible,inner strength, a subconscious confidence that comes from knowing you could succeed in any field based on a support network of good and bad previous experiences”.

RESILIENCE DEALING WITH SETBACKS

- MACDUFF APPROACH “GRIEVE FIRST”.
- FOLLOW THE PROCESS .
- SALVATION LIES WITHIN.
- REVIEW
- CONSULT
- CLARITY
- COMMIT
- CHANNEL
- FEARLESS

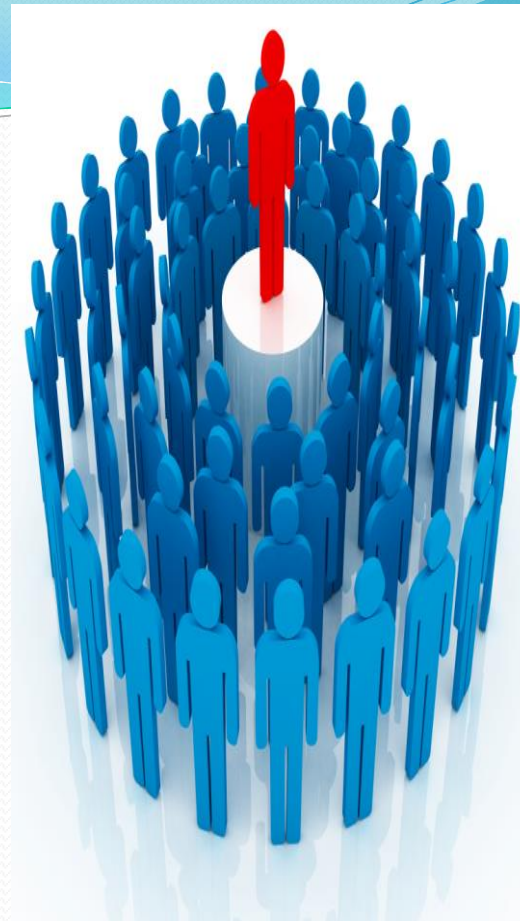


THE GROWTH MINDSET:

- Implicit in viewpoint re setbacks.
- Knowledge shared and understood.
- Balanced Approach.
- Recognising the challenges facing all parties



One Team



Your sense of place/history/culture



Mental Capacity

- Motivation
- • Goal setting –medium term
- • Determination
- • Pre-match preparation
- • Controlled breathing
- • Coping with Arousal and Anxiety
- • Goal setting – long term
- • Mental relaxation
- • Imagery
- • Coping strategies
- • Self-Awareness
- • Profiling

Life Lessons

- Independent thinking
- Ambition – career options
- Self-identity
- Role model
- Principle-centred values
- Life management
- Self-reliance
- Coping with failure
- Self-reliance
- Patience to achieve long-term goals
- Positive use of Power /Influence
- Life management

Balance

Emotion

Instruction



Mending Wall By Robert Frost



FOR ME AND WE TO WORK:

- Know your business.
- Importance of inclusivity /dynamic.
- Great idea by accident/Go with it/Sometimes.
- Alignment with all parties.
- Positive Paranoia./Evolving.
- Stalemate requires intervention.

Recommended Reading

- Edge by Ben Lyttleton.
- Legacy . James Kerr.
- The Pressure Principle. Dr Dave Alred.
- Black Box Thinking. Matthew Syed.
- To Kill a Mockingbird . Harper Lee.
- Carlo Ancelotti . Quiet Leadership.
- Win.Brent Pope and Jason Brennan.

Thank you

